

Appetizers are usually always set out and those pre-meal nibbles can add up to some substantial extra calories to your usual intake.

Two things to remember:

- 1) When choosing higher calorie, higher fat foods, remember the smaller, the better...if at all!
- 2) If there's a choice, go for the wiser, healthier choice keeping an image of you in mind as trimmer and healthier as the New Year rolls around.

Better choices for appetizers would include: -vegetable sticks and nonfat or low-fat dip

- pita slices and hummus
- Low-fat cheese on crackers
- Home-made chex mix with each of the 3 chex cereals, pretzels, and low-fat popcorn
- fruit platter with nonfat or low fat yogurt dip
- Low-fat chips or pretzels (careful how many "handfuls")

Not so good choices: -any nuts (remember 8 almonds, or 4 Brazil nuts, or 1 tablespoon/6 peanuts are a serving!!)

- most chips and regular chex mix
- olives (green or black)
- little quiches, little hot dogs wrapped in bacon, and those other rich, cute appetizers
- rich cheeses and pates
- most dips, esp. that yummy artichoke dip in the cut-out round French bread loaf!